

1. Nike Training Club



Nike Training Club 4+

workouts & fitness guidance

Nike, Inc

#35 in Health & Fitness

★★★★★ 4.8, 153.6K Ratings

Free · Offers In-App Purchases

This Nike-branded app bills itself as your “ultimate personal trainer,” and with a library of more than 185 free workouts—from strength and endurance-based routines to mobility and yoga sessions—all featuring virtual guidance from Nike Master Trainers.

Available on [iOS](#) and [Android](#); free with option for in-app purchases.

2. Daily Workouts Fitness Trainer



Daily Workouts Fitness Trainer 4+

Exercise Coach for Women & Men

Daily Workout Apps, LLC

#183 in Health & Fitness

★★★★★ 4.7, 19.7K Ratings

Free

Ideal for exercise introverts who prefer to break a sweat at home, this app leads users through 100+ simple exercises you can do sans gym, like tap out planks, donkey kicks, and bicycle crunches. You can pick between ten different 5 to 10-minute targeted workouts, or, if you’re #feelingit, opt for a 10 to 30-minute randomized full body workout.

3. Aaptiv



Aaptiv: #1 Audio Fitness App 17+

Personal Training for Everyone

AAPTIV INC.

★★★★★ 4.7, 48.7K Ratings

Free · Offers In-App Purchases

Stuck in a fitness rut? Aaptiv is your new boredom buster BFF. The audio-based app offers 2,500 trainer-led, music-based workouts in a variety of categories, like running, elliptical, rowing, strength training, stretching, yoga, and more. Oh, and if that weren't enough, 30 new workouts are added each week. Later, stale gym routine!

Available on [*iOS*](#) and [*Android*](#); free with option for in-app purchases.

4. Zombies, Run!



Zombies, Run! 12+

Running Game & Audio Adventure

Six to Start

★★★★★ 4.8, 12.3K Ratings

Free · Offers In-App Purchases

Award-winning novelist Naomi Alderman co-created this fitness-meets-gaming app that allows users to live out their “very own zombie adventure story” while also completing a run or walk (#casual). As you log steps, you’ll hear a zombie-themed audio drama (imagine: guttural breathing, rattling groans) that miiiight just inspire you to pick up the pace.

Available on [*iOS*](#) and [*Android*](#); free with option for in-app purchases.

5. 7 Minute Workout



Seven - 7 Minute Workout 4+

Quick Bodyweight Workouts

Perigee

#104 in Health & Fitness

★★★★★ 4.8, 67.9K Ratings

Free · Offers In-App Purchases

Most Popular

This app is a solution to the classic “I want to work out, but I feel like I just don’t have the time” conundrum. With 7-minute, no-equipment sweat sessions designed to deliver maximum benefit in the shortest time possible, you can quickly and effectively break a sweat—and then get on with the rest of your day.

6. SworkIt



Ab & Core Workouts 4+

Ab workouts from 5-60 minutes.

Nexercise

#165 in Health & Fitness

★★★★★ 4.8, 32K Ratings

Free · Offers In-App Purchases

Your core is essentially the powerhouse of your body, and with this core-centric app, you can show your midsection the love it deserves. Pick between three different workouts types, each with a slightly different focus (back, abs, and overall core), and follow along as personal trainers give video demos of each move.

Available on [*iOS*](#) and [*Android*](#); free with option for in-app purchases.

7. Daily Yoga



Daily Yoga - Workout & Fitness 4+

Weight loss, Relax, Meditate

Daily Yoga Culture Technology Co., Ltd.

#74 in Health & Fitness

★★★★★ 4.8, 56K Ratings

Free · Offers In-App Purchases

Yoga newbies, advanced practitioners, and everyone in between can find their flow with Daily Yoga. The app offers an impressive volume of content—50+ class plans and workouts, 500+ poses, and 200+ classes with HD video—that span all fitness levels. Another plus of the free app: the flexibility of workout length—options range from 5-minute quickies to longer 70-minute sessions.

Available on [iOS](#) and [Android](#); free with option for in-app purchases.

8. AllTrails



AllTrails: Hike, Bike & Run 9+

GPS Hiking & Biking Trail Maps

AllTrails, Inc.

#62 in Health & Fitness

★★★★★ 4.9, 289.7K Ratings

Free · Offers In-App Purchases

For folks who prefer to get their sweat on in the Great Outdoors, AllTrails provides serious inspo. The app offers more than 100,000 (!!) hiking, mountain biking, and trail running maps alongside reviews and photos crowdsourced from millions of users. You can search for raved-about trails near you using nifty filters like “dog-friendly,” “kid-friendly,” and “wheelchair-friendly.”

9. Yoga for Beginners



Yoga for Beginners | Mind+Body 4+

Daily workout & fitness studio

Fast Builder Limited

#130 in Health & Fitness

★★★★★ 4.8, 28.5K Ratings

Free

Want to get into yoga but feeling intimidated or otherwise overwhelmed? Consider this beginner-friendly app, which is specifically designed for newbies—no crazy flexibility required. Learn basic poses and stretch yourself (both literally and figuratively) with quick and simple yoga workouts.

Available on [iOS](#) and [Android](#); free.

10. Adidas Training by Runtastic



adidas Training by Runtastic 4+

Workout & Fitness Exercises

runtastic

#153 in Health & Fitness

★★★★★ 4.7, 6K Ratings

Free · Offers In-App Purchases

Most Popular

You don't need much time—or any equipment—to break a sweat with Adidas. This app offers 7 to 45-minute-long workouts, 180+ standalone exercises (high side plank, anyone?), and a “workout creator” that generates custom sweat sessions designed to fit your specific #fitnessgoals.

Available on [iOS](#) and [Android](#); free with option for in-app purchases.



Yoga with Adriene

Join me for this 35 minute loving and powerful grounding yoga session. This special at-home practice is anchored in an invitation to focus on the rise and fall. Through this structure we will lean in and use the tools of asana, breath, and science to welcome a sense of peacefulness and ease for both mind and body.

[.https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA](https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA)



If getting strong and lean is on your to-do list, then you'll find the HASfit (Heart And Soul fit) channel super useful. It includes strength training workouts -- with or without dumbbells -- along with low- and high-impact exercise routines. The massive variety on this channel is hard to beat. They have over 1,000 free workout routines, plus complete 30- to 90-day fitness programs that include meal planning, workouts, tips and more.

<https://www.youtube.com/watch?v=Z502IDvoleE>



600 free full length workout videos & counting! Subscribe to never miss a new workout. Track your workouts and progress with our free customizable online workout calendar @ www.FitnessBlender.com <https://www.youtube.com/user/FitnessBlender/about>

[Leslie Sansone's Walk at Home](https://www.youtube.com/user/walkathomem..)

[youtube.com/user/walkathomem..](https://www.youtube.com/user/walkathomem..)



What started as a few aerobics classes in Leslie's health club in the 80's (big hair! leg warmers!) has grown into the #1 in-home walking program worldwide, with over 19 million DVDs sold! From the very first 'Walk Aerobics' VHS tape to our latest best-selling DVDs and downloads, we've produced over 100 in-home walking workouts.

Frequency 1 video / day

Since Nov 2014

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